

**In the Claims:**

- 1-15. (Canceled).
16. (New) An apparatus for use in remote monitoring configured and arranged to be wearable on the head of an operator, comprising:
- a video capture means;
  - an audio pick up means;
  - a transmitter means to transmit the captured video and audio signals to a remote location; and
  - an electromagnetic radiation shield in the form of a metal mesh screen shaped to conform to a wearer's head shape and to substantially protect the wearer's head from electromagnetic radiation emitted from said transmitter means, said metal mesh screen being further adapted to mount and locate said transmitter means thereon.
17. (New) The apparatus of claim 16 wherein said metal mesh screen is further adapted to mount the video capture means and the audio pick up means.
18. (New) The apparatus of claim 16 wherein the apparatus is built into a hat, cap, or brim-ring to facilitate wearability.
19. (New) The apparatus of claim 17 wherein the apparatus is built into a hat, cap, or brim-ring to facilitate wearability.
20. (New) The apparatus of claim 18 wherein the hat or cap is of rigid, semi-rigid, or soft construction.
21. (New) The apparatus of claim 16 wherein the audio pick up comprises a microphone.

22. (New) The apparatus of claim 17 wherein the audio pick up comprises a microphone.
23. (New) The apparatus of claim 21 wherein the microphone is configured and oriented to predominantly pick up audio from the wearer, and the apparatus includes a second microphone to pick up background or surroundings audio signals.
24. (New) The apparatus of claim 16 further comprising an audio receiver to enable a wearer to receive audio based instructions or advice from a remote assistant or adviser.
25. (New) The apparatus of claim 17 further comprising an audio receiver to enable a wearer to receive audio based instructions or advice from a remote assistant or adviser.
26. (New) The apparatus of claim 16 wherein the apparatus further includes a video receiver and screen.
27. (New) The apparatus of claim 26 wherein the video screen is mounted on an adjustable boom which, in use, can position the screen in front of the wearer's eye.
28. (New) The apparatus of claim 16 wherein the apparatus further includes a light means to facilitate recordal of video in low light conditions.
29. (New) The apparatus of claim 17 wherein the apparatus further includes a light means to facilitate recordal of video in low light conditions.

30. (New) The apparatus of claim 16 wherein the apparatus further includes a power supply mounted adjacent the mounting means.
31. (New) The apparatus of claim 17 wherein the apparatus further includes a power supply mounted adjacent the mounting means.
32. (New) The apparatus of claim 16 wherein the apparatus further includes a power supply adapted to, in use, be mounted on a belt loop or the like and connected via cable to power the apparatus components.
33. (New) The apparatus of claim 17 wherein the apparatus further includes a power supply adapted to, in use, be mounted on a belt loop or the like and connected via cable to power the apparatus components.
34. (New) The apparatus of claim 30 wherein the apparatus further includes a power supply switch to enable the supply of electrical power to the apparatus to be switched on or off.
35. (New) The apparatus of claim 32 wherein the apparatus further includes a power supply switch to enable the supply of electrical power to the apparatus to be switched on or off.